

Senior White Belt Syllabus

1. Mat Etiquette

2. Pad Works - Kicks

- Front
- Side
- Roundhouse

3. Back Breakfall

4. Side Breakfalls

- Left
- Right

5. Front Breakfall

6. Basic Combinations

- X-block, pull down, knee, elbow
- Cross block, back fist, pull down, knee
- Cross block, 3 elbows
- Left block, pull down, right kick, right elbow and/or back fist

7. Breaking a Front Strangle (2)

8. Breaking a Back Strangle (3)

9. Straight Arm Lock

10. Four Basic Blocks

- Forearm Block
- Cross block
- Upward Rising Block
- Downward 'X' Block
- Rising 'X' Block

11. Recumbent Ankle Throw

12. Shoulder Lock

Senior Yellow Belt Syllabus

- 1. Hip Throw with Shoulder Arm Lock**
- 2. Hip Throw with Cross-Over Arm Lock**
- 3. Defence against Kicks to Head (whilst on the ground) (4)**
- 4. Three Arm Locks (from a standing position)**
- 5. Shoulder Arm Lock**
- 6. Wrist Locks (3)**
- 7. Wrist Throw with Lock – defence against knife attack**
- 8. Reclining Leg Throw (with lock and strikes)**
- 9. Breaking Ground Strangles (3)**
- 10. Backward Roll**
- 11. Forward Roll / Rolling Breakfall**

Senior Orange Belt Syllabus

1. Body Drop

- Front Kick
- From Back Strangle
- From Back Arm Collar Hold

2. Half Shoulder

- From cross block
- From inside block

3. Leg Throw with Lock (3)

4. Dropping Version of a Full Shoulder

5. Back Hammer Lock

- From punch
- From rear neck grab

6. Sweeping Loin

- Attacking
- Defending

7. Hold Down with Double Arm Lock

- Back, Arm Collar Hold
- Hip Throw

8. Rice Bale Throw

9. Cross Hock Throw

- From punch
- From rear neck grab

10. Inside Hock Throw

- From punch
- From rear neck grab

Senior Green Belt Syllabus

1. Crab Claw Scissors Throw

2. Drawing Ankle

- From Right Lunge Punch
- Strangle/Punch

3. Stamp Throw

4. Two Methods of Escape When Held

- Under arms from behind
- Over arms from behind
- Under arms from front
- Over arms from front

5. Knee Wheel (2)

6. Bar Choke (2)

7. Variations on Shoulder Throws

- Dropping Version of a Full Shoulder
- Half Shoulder
- Lapel Throw
- Shoulder Thrust

8. Variations on Strangle Holds in Kata form

9. Two Methods of Escape from

- Full Nelson
- Half Nelson

10. Front Scissors Throw

Senior Blue and White Belt Syllabus

1. Loin or Hip Wheel

- Strangle
- Punch

2. Variations on Holding Down

- 2 Katas
- 5 Holds

3. Scissors and Naked Choke Hold (3)

4. Spring Hip Throw (2)

5. Escapes from Head Chancery (3)

6. Kicks – Pad Work

- Left and Right Roundhouse
- Left and Right Front Snap
- Left and Right Back Kick

7. Combinations: Right Front Kick followed by Left Roundhouse

9. Combinations: Left and Right Punch followed by Right Roundhouse Kick

10. Elbow Strike Kata

11. Scissor Kick

12. Jumping Roundhouse Kick

13. Wall techniques (4)

14. Escape from hair grab (Front and Back)

15. Defence against being dragged across the floor

Senior Blue Belt Syllabus

1. Dropping Version of a Body Drop (3)

2. Front Scooping Throw

3. Rear Scooping Throw

4. Counter Measures against Garroting (4)

5. Indian Death Lock

- Arms
- Legs

6. Roundhouse Kick whilst Walking

- Left and Right Sides

7. Sleeper Hold from a Head Chancery (3)

- Left and Right Sides

8. Outside Forearm Block followed by Elbow to Ribs following

- Right Punch
- Left Punch

9. Breaking Strangles and Chokes whilst on the Ground (6)

10. Downward Inside Forearm Block, followed by Punch

- Right Punch
- Left Punch

Senior Purple Belt Syllabus

1. Valley Drop Throw (3)

2. Counter to Straight Arm Lock (2)

3. Counter to Back Arm and Collar Hold (3)

4. Counter to Bar Choke (2)

5. Roundhouse Kick to Kidneys:

- **Left**
- **Right**

6. Basic Blocking Kata incorporating Four Blocks

7. Downward Inside Forearm Block from punch into Straight Arm Lock:

- **Left**
- **Right**

8. Head, Hip and Knee

9. Full Shoulder

10. Front Kick followed by Side Kick – One of two Attackers

11. Side Thrust Kick – Pad Work:

- **Left**
- **Right**

12. Front Snap Kick – Pad Work:

- **Left**
- **Right**

13. Wedge Block (3)

14. Shoulder Wheel

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15. Kicking Kata

16. Pressure Point / Atemi Strikes

17. Knife Defences (6)

18. Basic Blocks/Strikes Kata

Senior Brown and White Belt Syllabus

1. Arm and Shoulder Throw with Wrist Lock and Shoulder Lock

2. Outer Hook Throw

3. Shoulder Dislocations Kata

4. Left Upward Block with Knife Hand to Neck

5. Roundhouse Kick to Solar Plexus

- **Left**
- **Right**

6. Side Kick to Kneecap using Side of Foot

- **Left**
- **Right**

7. Upward Kick to Kneecap using Heel

- **Left**
- **Right**

8. Cross Ankle Throw

9. Roundhouse Kick from Ground to Lower Body

10. Side Thrust Kick to the back of the Knee from the Ground

11. Side Snap Kicks

- **Left**
- **Right**

12. Side Thrust Kick to Kneecap followed by Roundhouse to Ribs

13. Several Ways of Throwing your Opponent from Behind

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14. Variation on Leg Sweeps:

- **Ankle**
- **Knee**
- **Loin**

15. Attacking the Back of the Legs

16. Knife Hand to Neck, with Kick to Solar Plexus, delivered to different opponents

17. Foreflap Breakfall

Senior Brown Belt Syllabus

- 1. Outer Wind**
- 2. Inner Wind**
- 3. Rolling Ankle Throw**
- 4. Corner Throw (3)**
- 5. Rear Throw**
- 6. Leg Wheel**
- 7. Outer Wheel**
- 8. Stomach Throws (5)**
- 9. Dropping Version of a Reverse Body Drop**
- 10. Shoulder Crash (2)**
- 11. Five One Handed Throws**
- 12. Action Against 2 or more Attackers**
- 13. Back Kick or Throw When Held by Both Wrists From Behind**
 - Elbow Lock
 - Body Drop
 - Variations on back kicks
- 14. Three blocks using the same Blocking Arm**
- 15. Palm Heel Strikes to Chin Kata**

Senior Black Belt Syllabus (Shodan)

1. 25 Straight Throws

2. Counter to Throws

- Hip Throw
- Drawing Ankle
- Shoulder Wheel
- Full Shoulder
- Body Drop Throw

3. Inside Leg Sweep

4. Seven Combination Throws

- Hip Throw to Stamp Throw
- Hip Throw to Leg Throw with Lock
- Shoulder Wheel to Reclining Leg Throw
- Body Drop to Front Scissors Throw
- Half Shoulder to Rice Bale
- Inside Hock to Lapel Throw
- Cross Hock to Rear Throw

5. Lunge Punch, reverse punch to body and face

6. Kata of Blocks (Black Belt Kata)

7. Inside Forearm Block, followed by back Fist to Ear with Throw

8. Defence against Kicks

- Defences against a Front Kick (4)
- Defence against a Roundhouse Kick (2)
- Defence against a Back Kick (2)
- Defence against a Side Kick (2)
- Defence against a Side Snap Kick (2)

9. One Handed Throat Throw

10. Attacking the Eyes and Ears

11. Using 'X' block to stop punch to face, pull opponent onto roundhouse kick or roundhouse knee

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- 12. Three Reverses Punches to three different opponents**
- 13. Right and Left Upward Block with Throw**
- 14. Three Punches to body, face and body again**
- 15. Palm Heel Block, with attack, from various moves**
- 16. The Open Hand and its uses**
- 17. The Elbow and its uses**
- 18. The Bottom Fist and its uses**
- 19. The Students opinion of the four most effective and dangerous throws in the repertoire**
- 20. Four most used kicks in Ju-Jitsu (Kicking Kata)**
- 21. Continuous Fighting**
- 22. Random Attacks**
- 23. Revision**
- 24. General Anatomy**
 - (Student to undertake a written test at the grading).

Senior Nidan Syllabus (2nd Black Belt)

1. 10 Symmetrical Throws

- i. Hip Throw with Shoulder Arm Lock**
- ii. Body Drop with Straight Arm Across Patella**
- iii. Sweeping Loin with Shoulder Pin and Head Lock**
- iv. Head, Hip and Knee with Hold Down Double Arm Lock**
- v. Outer Hook Throw with Indian Death Lock (Arms)**
- vi. Cross Hock with Crossover Arm Lock**
- vii. Crab Claw Scissors**
- viii. Front Scissors Throw**
- ix. Half Shoulder with Truss Lock**
- x. Spring Hip or Stamp Throw with Reverse Shoulder Pin**

2. 10 DEFENCES AGAINST RIGHT OR LEFT HAND PUNCHES

All punches to be indiscriminate, unrehearsed and delivered at full speed and power

3. 10 DEFENCES AGAINST RIGHT OR LEFT KICKS

All kicks to be indiscriminate, unrehearsed and delivered at full speed and power

4. MULTIPLE ATTACKS

This will a Defence against attacks by 3/5 persons and will test the students stances and positional sense. All attacks to be full speed.

5. CIRCLE TRAINING

Defender must stand in circle of at least 5 attackers who will be numbered 1-5. The examiner will shout a number at random and the relevant attacker will attack with any kick, punch or hold.

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6. STICKY HANDS KATA

7. STANCE KATA

8. DEMONSTRATION OF ALL LEFT AND RIGHT HAND PUNCHES

All left and right punches to all parts of the body (focus only)

9. DEMONSTRATION OF ALL LEFT AND RIGHT KICKS

All left and right kicks to all parts of the body (focus only)

10. WEAPON WORK

Nunchaka, Tonfa, Bo, Jo and Sai

(2 Katas for each weapon together with 5 applications excluding Bo).

11. SWORD

(a) IAI JUTSU (The Art of Drawing the Sword)

(b) TAWESHI GERI (The Art of Cutting)

(c) STANDING SWORD KATA

Senior Sandan Syllabus (3rd Black Belt)

1. 12 ADVANCED COMBINATION TECHNIQUES

- 1. Half Shoulder into Wrist Lock**
- 2. Half Shoulder into Cross Hock**
- 3. Half Shoulder into Leg Throw with Lock**
- 4. Half Shoulder into Attacking Sweeping Loin**
- 5. Half Shoulder into Spring Hip Throw**
- 6. Half Shoulder into Head, Hip and Knee**
- 7. Half Shoulder into Body Drop**
- 8. Half Shoulder into Dropping Version of a Body Drop**
- 9. Half Shoulder into Dropping Version of a Reverse Body Drop**
- 10. Half Shoulder into Rear Throw**
- 11. Half Shoulder into Outer Wind**
- 12. Half Shoulder into Hip Throw**

2. 8 ADVANCED TRIPLE COMBINATIONS

- 1. Half Shoulder into Wrist Lock into Reclining Leg Throw**
- 2. Half Shoulder into Wrist Lock into Front Scissors Throw**
- 3. Half Shoulder into Wrist Lock into Crab Claw Scissors**
- 4. Half Shoulder into Wrist Lock into Cross Hock**
- 5. Half Shoulder into Wrist Lock into Scissors and Naked Choke Hold**
- 6. Half Shoulder into Outer Wind into Rice Bale Throw**
- 7. Half Shoulder into Outer Wind into Cross Hock**
- 8. Half Shoulder into Wrist Lock into Arm and Shoulder Throw**

3. PRAYING MANTIS FORM

4. KAMA KATA, PLUS PRACTICAL APPLICATION

5. NAGINATA KATA

6. SANDAN FORM

7. HO-JO JITSU

8. THEORY WORK

Write and illustrate an 8000 word essay on the fundamentals of Ju-Jitsu, covering all aspects of its history, and the psychological approach to training after Shodan.

Presentation of your journey and achievements in Ju-Jitsu.

Senior Yondan Syllabus (4th Black Belt)

FIRST SET: Right Hand Push with Left Hand Punch

- 1. From a right hand push and left hand punch into Straight Arm Lock**
- 2. From a right hand push and left hand punch into Shoulder Lock**
- 3. From a right hand push and left hand punch into Shoulder Arm Lock**
- 4. From right hand push and left hand punch into Defence against a Front Kick**
- 5. From right hand push and left hand punch into Wrist Throw with Lock**
- 6. From right hand push and left hand punch into Falcon Lock**
- 7. From right hand push and left hand punch into Bent Arm Lock**
- 8. From right hand push and left hand punch into Double Punch and Take Down**
- 9. From right hand push and left hand punch into Goose Neck Minor Arm Lock**
- 10. From right hand push and left hand punch into Cross Block into Lapel and Shoulder Throw**

SECOND SET: DOUBLE WRIST GRAB FROM BEHIND

- 1. From a double wrist grab from behind into Straight Arm Lock**
- 2. From a double wrist grab from behind into Shoulder Lock**
- 3. From a double wrist grab from behind into Shoulder Arm Lock**
- 4. From a double wrist grab from behind into Defence against a Front Kick**
- 5. From a double wrist grab from behind into Wrist Lock and Throw**
- 6. From a double wrist grab from behind into Falcon Arm Lock**
- 7. From a double wrist grab from behind into Bent Arm Lock**

Senior Yondan Syllabus (continued)

- 8. From a double wrist grab from behind into Double Punch and Take Down**
- 9. From a double wrist grab from behind into Goose Neck Minor Arm Lock**
- 10. From a double wrist grab from behind into Cross Block into Lapel and Shoulder Throw**

THIRD SET: BACK ARM AND COLLAR HOLD

- 1. Back arm and collar hold, right hand inside forearm pivot into Straight Arm Lock**
- 2. Back arm and collar hold, right hand inside forearm pivot into Shoulder Lock**
- 3. Back arm and collar hold, right hand inside forearm pivot into Shoulder Arm Lock**
- 4. Back arm and collar hold, right hand inside forearm pivot into Defence against Front Kick**
- 5. Back arm and collar hold, right hand inside forearm pivot into Wrist Lock and Throw**
- 6. Back arm and collar hold, right hand inside forearm pivot into Falcon Arm Lock**
- 7. Back arm and collar hold, right hand inside forearm pivot into Bent Arm Lock**
- 8. Back arm and collar hold, right hand inside forearm pivot into Double Punch and Takedown**
- 9. Back arm and collar hold, right hand inside forearm pivot into Goose Neck Minor Arm Lock**
- 10. Back arm and collar hold, right hand inside forearm pivot into Cross Block into Lapel and Shoulder Throw**

Senior Yondan Syllabus (continued)

Escrima Stick Kata and application

Tessen Fan Kata and application

Knife hand kata with weapon of your choice

Four directional kata with weapon of your choice (minimum of 60 moves)

Advanced Random Attacks against 2 or more attackers

Continuous fighting against 2 opponents